

ADULT AND PAEDIATRIC ENT HEARING AND BALANCE SPECIALIST

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POST OPERATIVE PROTOCOL OPERATION: NASAL SURGERY

HOSPITAL STAY: You may stay overnight or be discharged on the same day depending on the extent of surgery.

LEVEL OF ACTIVITY: A low level of activity is recommended. Avoid sport or strenuous activity for 2-3 weeks after the operation. Heavy exertion may cause post-operative bleeding.

- It is normal to feel symptoms that mimic a flu.
- A poor level of energy is common.
- Nasal congestion and a significant amount of blood clot, bloody nasal discharge and post-nasal discharge is common. Your nose will feel blocked for the first 1-2 weeks due to inflammation, mucous and blood clots post surgery.
- This will decrease week 3 to week 4 after surgery. During this time breathe through your mouth and keep hydrated.
- You will need to avoid blowing or rubbing your nose for the first 3-4 days, if you have to, blow your nose gently.
- You will need to stay at home for 1 to 2 weeks

DIET: A normal diet is recommended. Avoid hot drinks and food for 3 days after the operation.

MEDICATIONS:

- You will be given post-operative antibiotics for 5 days to prevent an infection.
- You will be given some ointment to use in your nose if you have had a Septoplasty. You will need to apply this 3 times a day for 2 weeks to each side of your nose.

NASAL SPRAYS:

- Drixine or Oxymetazoline will be provided to be used predominantly to treat any mild to moderate postoperative bleeding. Should postoperative bleeding occur from 1 or both nostrils spray 3 to 5 sprays in each nostril to help control bleeding. Please call us if bleeding persists or is uncontrollable.

SALINE IRRIGATION:

- Should be used regularly during the entire recovery.
- The saltwater irrigation (FESS or FLO) is to be used liberally in both nostrils for 4-6 times a day in the first 2 weeks.
- It may be cut down to 2 to 3 times a day thereafter depending on your recovery.



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NASAL PACKING:

- Generally there is dissolvable packing left inside your nose. This will not need to be removed but will dissolve or come out with the saline irrigation.
- Occasionally there may be more significant packing required and you will be notified should this be the case.

POST OP REVIEW: You will need to see your surgeon 3 weeks after surgery.

Please call the rooms if you have any questions after surgery.